



NAVIGATING THE AISLES

GROCERY STORE POCKET GUIDE



**NIAGARA
NORTH**
Family Health Team

OVERVIEW OF LABEL READING

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

1. Serving Size

Is this the same amount as what you would normally eat? If no, need to calculate nutrition for that amount

2. Percent Daily Value (%DV)

Can be used to determine if a food is high or low in certain nutrients.

- 5% DV or less = a little
- 15% DV or more = a lot

3. Choose More

Try to choose foods higher in

- Vitamins
- Minerals
- Fibre

4. Choose Less

Try to choose foods lower in

- Saturated and trans fat
- Sodium
- Added sugars

Ingredient Lists:

- Ordered according to weight. Whatever ingredient is listed first, is present in the highest quantity and so on down the list
- This area is helpful if you have food allergies or food intolerances and need to avoid certain ingredients



Front of Package Labelling:

Thresholds:

General foods (e.g. soup, deli meats): $\geq 15\%$ DV

Small servings (e.g. cookies): $\geq 10\%$ DV

Main Dishes (e.g. pizza) : $\geq 30\%$ DV

Use this as a tool, not a rule

COST SAVING TIPS AND PHONE APPS

- Use flyers (Flipp or Rebee apps) and price match; consider apps that allow you to purchase food at discounted prices as they approach expiration (Flashfood or FoodHero)



- Use discount days (e.g. senior or student days)
- Buy food in value packs then divide at home
- Meal plan before shopping
- Buy store brands
- Consider frozen fruit/vegetables, buying in-season, home garden in summer
- Proteins- eggs, lentils/legumes, meat/fish/poultry on sale
- Compare unit prices



FRUIT AND VEGETABLES



- Eat the rainbow. Choose a variety of fruits and vegetables. Different colours= different nutrients.
- When buying canned vegetables, look for no salt added, or low sodium options. Rinsing also helps to reduce sodium.
- When buying canned fruit, look for it to be packed in water or its own juice, not syrup.
- Frozen fruits and vegetables, are just as nutritious as fresh.
- Limit juice. Try to eat whole fruits and vegetables.

Canned Vegetables

Nutrition Facts Valeur nutritive	
Per ½ cup	
Calories 70	%Daily Value*
Fat 1g	1%
Saturated fat 0g	0%
Trans fat 0g	
Carbohydrates 12g	4%
Fibre 2g	7%
Sugars 5g	
Protein 2g	
Cholesterol 0mg	
Sodium 320 mg	14%
Potassium	
Calcium	
Iron	
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Canned Fruit

Nutrition Facts Valeur nutritive	
Per 167 ml	
Calories 100	%Daily Value*
Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	
Carbohydrate 26g	
Fibre 2g	7%
Sugars 23g	23%
Protein 1g	
Cholesterol 0mg	
Sodium 10mg	1%
Potassium 175 mg	
Calcium 0mg	
Iron 0mg	
*5% or less is a little, 15% or more is a lot	

GRAIN PRODUCTS



Words to look for on labels:

- 100% whole grain
- High fibre
- Look for products that are higher in fibre and lower in sugar, sodium, saturated and trans fat

Focus on fibre and sugar:

- Remember that 4g of sugar is equal to 1 teaspoon of sugar
- A **source** of fibre, has at least **2g of fibre** per serving
- A **high source** of fibre, has at least **4g fibre** per serving
- A **very high source** of fibre, has **6g or more** of fibre per serving

Nutrition Facts Valeur nutritive

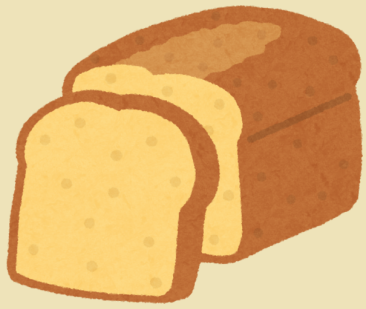
Per 2 slices (80g)

Calories 210	%Daily Value*
Fat 4g	5%
Saturated fat 0.5g	3%
Trans fat 0g	
Carbohydrate 35g	
Fibre 6g	21%
Sugars 6g	6%
Protein 10g	
Cholesterol 0mg	
Sodium 280mg	12%
Potassium 200 mg	
Calcium 75mg	
Iron 2mg	

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GRAIN PRODUCTS

Bread



- Look for at least **2g of fibre per slice**
- Compare nutrition labels for the least amount of sodium
- Check the ingredients list for **whole grain** flours, such as “whole grain whole wheat”
 - **Multigrain**- contains more than one grain; check the ingredients for “whole grain” ingredients
 - **Whole wheat**- not always the same as whole grain; may be a good choice if the product has 2g or more of fibre per slice
 - **Enriched**- vitamins and minerals added to white and whole wheat flours after processing has removed parts of the grain

Ingredients: **Whole grain whole wheat** flour, water, ground **whole grain** blend (triticale, oats, rice, barley, spelt, kamut® brand wheat, rye, millet, soybean, milled golden flaxseeds, sorghum, quinoa, corn, amaranth, buckwheat), yeast*, sugar.....

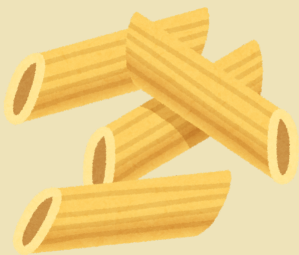
GRAIN PRODUCTS

Cereal



- Look for at least **4g of fibre** per serving you plan to eat (double check the serving size on the label)
- Choose cereals with the **least** amount of **added sugars**
- Look for whole grains, such as “whole oats”
- Look for cereal that’s **low in saturated fat** (2g or less per serving) and has **0g trans fat**

Pasta



- Look for at least **4g of fibre** per serving you plan to eat (double check serving size on the label)
- Look for pastas that have a **whole grain** as the first ingredient
- If you do like the taste of whole grain pastas, consider a fibre-enriched white pasta

MILK AND ALTERNATIVES



Milk/Non-Dairy Beverages

- Choose skim, 1% or 2% milk
- Choose **unsweetened** milk and non-dairy beverages
- Choose non-dairy beverages that are **fortified** with calcium and vitamin D
- Some milk alternatives are higher in protein than others (e.g. soy milk, and some fortified options- check labels)

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250ml)	
Calories 110	%Daily Value*
Fat 2.5g	4%
Saturated fat 1.5g	8%
Trans fat 0g	
Carbohydrate 12g	
Fibre 0g	21%
Sugars 12g	12%
Protein 9g	
Cholesterol 10mg	
Sodium 120mg	5%
Potassium 400 mg	
Calcium 300mg	
Iron 0mg	
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MILK AND ALTERNATIVES

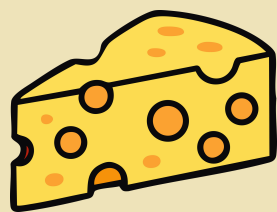
Yogurt



- Choose yogurt with **2% M.F.** (milk fat) **or less**
- Look for plain yogurt with **no added sugar**
- Choose yogurt with at least 15% Daily Value for calcium

Nutrition Facts	
Valeur nutritive	
Per 3/4 cup (175 g)	
Calories 120	%Daily Value*
Fat 3.5g	4%
Saturated fat 2.5g	13%
Trans fat 0.1g	
Carbohydrate 7g	
Fibre 0g	21%
Sugars 5g	5%
Protein 16g	
Cholesterol 20mg	
Sodium 50mg	2%
Potassium 225 mg	5%
Calcium 175mg	13%
Iron 0mg	
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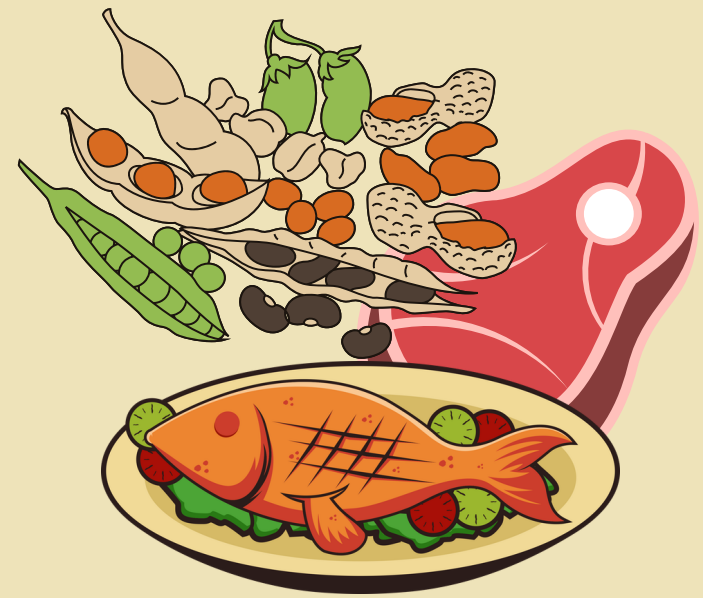
Cheese



- Choose cheeses with **20% M.F.** **or less**
- Compare nutrition labels for least amount of sodium



MEAT AND ALTERNATIVES



- Focus on saturated fat and sodium
 - Choose options that are **lower in saturated fat** and **sodium**
 - Choose **lean or extra lean** ground beef, chicken or turkey
 - Choose leaner cuts of meat more often, for example:
 - loin and round
 - skinless chicken breast
 - Avoid processed meats
- Canned Goods
 - Choose no salt added options, or low sodium options. If not available, rinsing canned beans can also help reduce salt
 - Choose canned fish with little or no added sodium and canned in water
 - Choose natural nut/seed butters

Tip: stir your natural nut butter once to mix in oil, then store in your fridge upside down

SNACK FOODS

- Choose snack foods that are:
 - Lower in saturated fat
 - Trans fat FREE
 - Lower in sodium
 - Lower in added sugar
 - Higher in fibre
 - Higher in protein

Granola Bars

- Choose granola bars with **4g or more of fibre**
- Choose a granola bar with **less than 8g of sugar**
- Compare nutrition facts labels for bars that are lower in saturated fat and higher in protein
- Limit artificial sweeteners and sugar alcohols

Crackers

- Compare nutrition labels for crackers that are lower in sodium and saturated fat. Make sure to pay attention to serving size, and what you plan to have
- Choose crackers made with **whole grain** ingredients for more fibre